What Every African-American Man Should Know About
Homicide

African-American men often don't like to talk about their health problems. They may not see a doctor until serious problems have developed. This makes prevention of illness and treatment difficult.

Understanding more about your body and how it works can help you develop a healthy lifestyle. This can prevent illness or disease. The major risky health behaviors are smoking, alcohol and substance abuse, lack of exercise, poor diet, unsafe sex and not wearing seatbelts in cars. These are things that can lead to illness, disability, and death.

Homicide is the third leading cause of death for black men in Michigan. It is the number one cause of years of potential life lost. Young black men between 15 and 24 years of age have the highest death rate and are at greatest risk of dying by murder.

Risk Factors:

Homicide is the result of several important issues facing the black community. These issues include poverty, unemployment, crime, and lack of hope for improving one's life. Gun-related deaths are the cause of 75 percent of the murders, especially those involving alcohol and drugs, and criminal acts.

What You Can Do:

You can become involved in community efforts to reduce homicide. You can work with local authorities, schools, churches and other groups. Many communities are now developing violence prevention and conflict resolution programs. Such programs are key to reducing violence.

You Can Make the Difference:

Staying informed about your health and avoiding risky health behaviors are vital in fighting the health problems black men face today. Develop a plan that works best for you.